



California Department of Aging



StayWell by Controlling Your Cholesterol

Keep a Healthy Heart.

Heart disease is this country's number one killer of both men and women. High cholesterol increases your risk for heart disease. Choosing food wisely and staying physically active can help control your cholesterol and keep your heart healthy.

Diet is important. If we eat too much food that is high in saturated fat, we increase our risk for heart disease. It is estimated that one out of three people need to make some diet changes to lower their risk for heart disease.

8 Great Ways to Get Your Cholesterol Under Control

1. Reduce excess body fat so that you reach your ideal body weight.
2. If you drink alcohol, do so in moderation.
3. Don't smoke, and avoid second-hand smoke.
4. Eat more fiber -- fruits, vegetables, and whole grains and cereals.
5. Exercise!
6. Limit your dietary cholesterol intake by restricting fatty food.
7. Take time to relax. Learn stress-management techniques.
Spend some quiet time alone each day.
8. Take medication, if you must. See your doctor to ask about the type of medication that may be right for you.

The above information provided by the American Heart Association
and the American Dietetic Association.

The StayWell Program is sponsored by the California Department of Aging.

For senior services and programs available in your local area call 1-800 510-2020, TTY 1-800-735-2929



This publication can be made available in alternative formats such as Braille, large print, computer disk, and tape cassette. Requests should be made to: CDA External Affairs Office at (916) 322-3887
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